

# Saskatchewan High Schools Athletic Association



E-NEWSLETTER  
December 2025

## CONGRATULATIONS:

Congratulations to the 2025 Provincial Football Champions and all participants. We would like to THANK the five provincial locations for hosting great Championships.

FOOTBALL CHAMPIONS				
1A 6-A-Side	2A 6-A-Side	4A 9-A-Side	5A 12-A-Side	6A 12-A-Side
Hafford	Watrous	Lumsden	Moose Jaw Central	Saskatoon Holy Cross

## CONGRATULATIONS:

Congratulations to the 2025 Provincial Volleyball Champions and all teams that participated in the playoffs leading to the championships. The Association would like to THANK the 10 host communities and secondary sites for their commitment to high school sport and staging these successful championships.

GIRLS VOLLEYBALL CHAMPIONS	
1A	Rouleau
2A	Wadena
3A	Lanigan
4A	Lumsden
5A	Swift Current

BOYS VOLLEYBALL CHAMPIONS	
1A	Rouleau
2A	Wilkie McLurg
3A	Briercrest Christian Academy
4A	Meadow Lake Carpenter
5A	Saskatoon Holy Cross

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#1-575 Park Street  
Regina, SK. S4N 5B2  
306-721-2151  
shsaa@shsaa.ca  
www.shsaa.ca

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## WINTER/SPRING 2025-2026 START DATES & PROVINCIAL CHAMPIONSHIPS:

Sport	Start Date	Provincial Championship Date
Curling	November 3, 2025	March 6-7, 2026
Wrestling	November 17, 2025	March 13-14, 2026
Basketball	November 17, 2025	March 26-28, 2026
Badminton	February 2, 2026	May 9, 2026
Track and Field	March 30, 2026	June 5-6, 2026
AGM (Prince Albert)	N/A	June 17-19, 2026

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### DUE DATE:

The Eligibility Form (E5) for Basketball is due **Wednesday, December 3, 2025**.

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### BIDS-TO-HOST:

The following Provincial Championships are OPEN for bid in the 2026-2027 school year:

- 3A Boys Soccer
- 5A Boys Soccer
- 4A Girls Soccer
- Badminton
- 1A Boys Volleyball
- 3A Boys Volleyball
- 4A Boys Volleyball

[Bid to Host forms](#) are due December 2nd and can be emailed to [jeff@shsaa.ca](mailto:jeff@shsaa.ca)

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### ABORIGINAL COACHING MODULES:

For more information on the ACM Public Courses in your area, click [here](#).

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## JOB POSTING — CORPORATE PARTNERSHIPS:

Please see the following [link](#) for a career opportunity with the SHSAA through Playfly Sports and feel free to share it with anyone who may be interested.

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## PUBLICATIONS AVAILABLE (Scoresheet Booklets, Coaches Pads, Wall Charts):

If you would like to order any SHSAA publications (score sheets, coaches pads, or wall charts), the link to order is [here](#).

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## COACHES CARD:

The 2025-2027 Coaches Card is available. The cost of this card is \$12. You can send your order form and payment to the SHSAA office where we will send out your card(s) to use immediately. The card is for free admission to SHSAA playoffs & championships. [Please click here to see the order form.](#)

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## CIAAA:

Please visit the [CIAAA](#) website. Caleigh Wojcicki is the Executive Director of the CIAAA. Caleigh can be reached at [caleigh@ciaaa.ca](mailto:caleigh@ciaaa.ca).

A reminder that each school is provided with [one FREE membership in CIAAA](#) that is intended for the school athletic director. One of the many benefits of membership includes access to an on-line resource bank loaded with materials that will assist you in your role as an athletic director.

The [National Conference](#) for the 2025-26 school year will be held in Kelowna, BC from April 16-18, 2026. More information about the conference will be made available as the year progresses.

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## HAPPY HOLIDAYS:

The Saskatchewan High Schools Athletic Association would like to wish you, your family, and the school **Happy Holidays** and a healthy and happy New Year.

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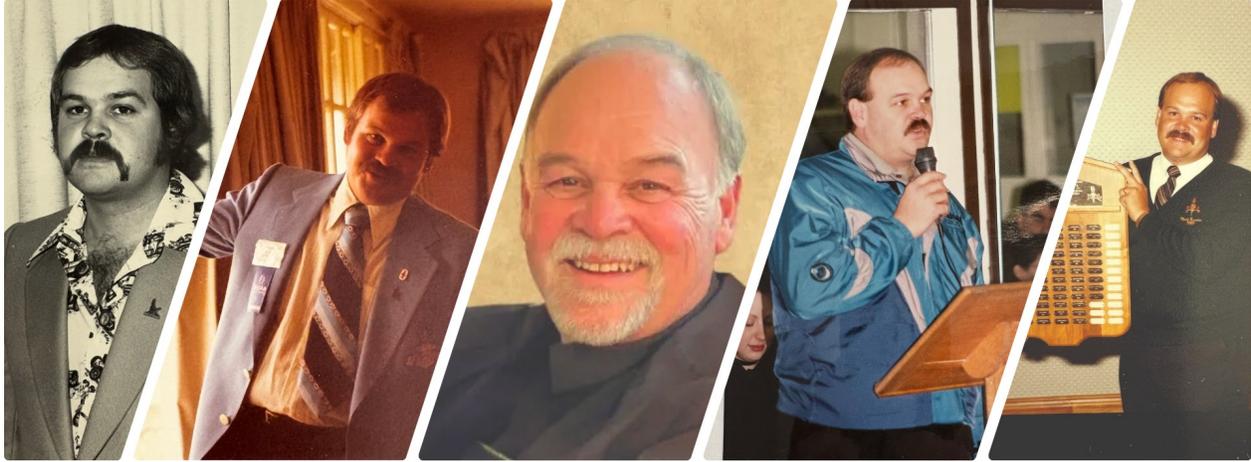
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It is with great sadness that we say goodbye to one of our former SHSAA Executive Directors, Larry Lafrentz (December 30, 1953 - November 12, 2025).

Born in Estevan, Larry attended Immaculate Heart High School before graduating from Estevan Collegiate. He earned his education degree from the University of Regina and began a career that would impact the lives of countless students, athletes, and colleagues over more than three decades.

Larry taught for fourteen years in Gull Lake where he also served as Athletic Director (1976-1990). His involvement with athletics extended to most high school sports. His teams displayed sportsmanship combined with excellence on the fields of play. He coached the Gull Lake Lions football team and the Gull Lake Lionettes/Lions basketball teams and had very impressive records, earning several provincial medals. Larry's talents also extended to officiating where he was a respected official in football, volleyball, basketball, baseball, and fastball; he shared this expertise when not coaching. Larry was not only viewed as an excellent coach by his students but as a teacher who was interested and cared about them. His office door was always open, and students were always there sharing their experiences with him.

Larry's District involvement while teaching and coaching included two years as Officials' Commissioner and four years as President of South West Athletic Conference (SWAC). During his time in Gull Lake, he also served two terms as Section I Representative on the SHSAA Executive Council (1978-80 and 1982-84) prior to becoming President of the Association (1988-90).

Larry accepted the position of Assistant Executive Director of the SHSAA in 1990. He assumed the role of Executive Director in 2003, serving the Association until his retirement in 2008. In these positions, Larry became a guiding voice for high school athletics across the province, helping to shape the experience of thousands of young athletes and the teacher-coaches who supported them. He believed deeply in the power of athletics to build character, community, and lifelong friendships.

In his retirement, he cherished time with his family and friends, often found at the golf course, volunteering in the community, or cheering on the sidelines of his grandchildren's activities.

Bryan Matheson and Kevin Vollet, Former Executive Directors of SHSAA, had the following to say, "It was a pleasure working with Larry who shared the passion for school sport with so many of his colleagues. Larry always worked to make things better for the student-athletes in our province."

Larry is survived by his wife, Sherri, daughter Lacy (Matt), son Byron (Stephanie), grandchildren Emery, Nora, Lyla, and Luka, and his SHSAA family.

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At the center of every student-athlete experience is a coach.

## COACHING MATTERS.



THE RESEARCH PARTNERSHIP THAT HELPS YOU TELL YOUR STORY

IN PARTNERSHIP WITH:



### WHAT IS THE COACHING EFFECT?

Student-athletes share countless stories about the impact highly effective coaches had on their lives; *The Coaching Effect* takes it one step further. By measuring the coaching behaviors that lead to the best experience possible for student-athletes.

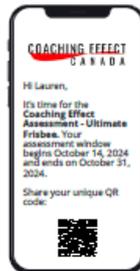
Our informed, data-centric approach provides a framework that helps all stakeholders understand how they can enhance the student-athlete's experience and impact academic performance, including grades, graduation, and attendance, allowing us all to advocate for the benefits of education-based athletics.

**WE MEASURE** your impact across six behavioral themes.

**WE ANALYZE** data from your student-athletes and their academic outcomes.

**WE COMMUNICATE FINDINGS** to share your story with educational leaders and policy makers.

**WE BRING YOUR DATA TO LIFE**



### YOUR IMPACT

80%

Of student-athletes feel that their coach cares about them as a person.

77%

Of student-athletes have fun playing the sport because of their coach.

84%

Of student-athletes agree their coach helps them learn from mistakes.

### KEY EDUCATIONAL OUTCOMES: A CASE STUDY

#### TWO MORE WEEKS IN CLASS

Student-athletes miss 11 fewer days of school per year when compared to non-athletes with a highly effective coach in building relationships.

#### +16% IN AVERAGE GRADES

In a diverse population, student-athletes with a highly effective coach who pushed them out of their comfort zones earned a 77% average compared to a 61% for non-athletes.

READY TO GET INVOLVED? EMAIL [LKELBA@COACHINGEFFECT.CA](mailto:LKELBA@COACHINGEFFECT.CA) TODAY

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